

# FY2015 CHNA&HIP Progress Report

## Chickasaw County

### Community Health Improvement Plan

GOAL	Strategies	Progress on Strategies
Chickasaw County will see a @5 decline of the current obesity rate of 62.4% in the next five years. Information from Kellogg Food and Fitness Initiative Survey at 2010 Fall Conference from ISU Extension data. Also from Chickasaw 2008 BRFSS.	Education to the public would include offering healthy alternatives snacks would be done in the school districts once a year at spring conference time offering a healthy snack tasting bar for parents to try with recipe handouts for all who attend. Offering once a month for students to taste different vegetables or fruits and encouraging parents to participation at home.	New Hampton elementary classrooms once month talk about "my plate" and try different types of vegetables and fruits. This also is done at St. Joseph Catholic School and Sumner/Fredericksburg Elementary. New Hampton HS has a greenhouse where they raise vegetables in summer such as variety of peppers, tomatoes, squash and cabbages used in the cafeteria in August, September and October. St. Joseph Catholic School has a garden that grows vegetables and uses them during nutrition education once a week in the school throughout the year. Students are educated about what the plant produces and taste the product. The farmers' market has been a success; many of the locals buy produce from the vendors.
	Involving community members in supporting the need of planting gardens and teaching children fundamentals of what garden can produce.	St. Joseph School has been planting and harvesting food for their school lunch program. Families of the St. Joseph School take a week during the summer to work with the children in weeding and watering the plants and garden and showing what can be learned. Extra food is donated to the local food pantry. The local hospital also has a garden and produce fresh food for their local lunches and employees. The extra is donated to local food pantry. This has brought education to the community. Many people are gardening and using raised-bed gardens. Obesity has decreased to 30%; a year ago, it was 33%. Hispanic families are also into gardening. FFA Students from NH School district have expanded the size of the program from 100 to 120 students interested in agriculture-related jobs.

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	Through Food and Fitness Initiative education of students and parents about promotion of exercise classes at the schools and what obesity will cause for a child health.	St Joseph school does BMI's at the beginning of school and the end. Other schools in the county just do height and weight twice a year and do not calculate BMI's. Walking School Bus was formed this spring in New Hampton City limits. Volunteers did this on a Tuesday. About 13-15 youth participated from the ages of pre-school to 5 grades for New Hampton and St. Joseph School. The route was 1.6 miles one way. The children walked burning off a lot of energy prior to school. The families who participated wish it went every day. This is was a great thing for New Hampton. Nashua/Plainfield and Sumner/Fred did not participate in the Walking School Bus Initiative.
	Promoting Education of obesity through local media, schools, hospital and Chickasaw Co. Tourism Committee	Awareness of obesity has involved the community and counties. Nashua/Plainfield School has a new Wellness Center in the past year that is being used. Community awareness has increased in the communities. An increased number of adults and children are biking on trails, walking and running, and participating in 5k's and other events. The participants in the community are watching what they eat. Also, a weight loss program was started at the local hospital in which 120 people participated in for support program for weight loss, and diet. Community members in the county are trying to lose weight through a program or by exercise and eating less. Concession stands at sports events have not changed their offering of food choices at this time.
	Collaboration of finding community location for people to exercise that does not involve a fee that is user friendly in the county.	New Hampton Event Center offers every Friday exercise class from 11 a.m. to noon with no fee. It is low impact class taught by Physical Therapy Assistants from the local long-term facility. Around 15 to 20 people attend the class. They have reported gaining muscle in their legs and arms and feeling much better.

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The goal is to see a 2% decline in underage drinking and tobacco use of youth in Chickasaw County in the next five years. According to BRFSS report from 2002 and 2008 Youth survey for Chickasaw County Schools.	Collaboration with partners to increase the awareness in the community of Co-Occurring disorders(mental health) by newsletters articles. Public Service Announcements, hospital newsletter, outside speakers for parents and students in each school districts.	According to the County Health Rankings for 2015, the county has seen no change from 2014 percentage in tobacco usage and excessive drinking by adults. According to the Iowa Youth Survey, there has been an improvement during this past year for students in 6th 8th and 11th grades in the county. Mental health awareness in the county is being seen, especially with Integrated Health Homes that started in the past 18 months. The sheriff's department has noted an increase in transportation services and a reduction in mental health clients waiting for placement. Educational programs are being offered for students and parents in three schools.
	Targeting topics of the negative side effects of tobacco and alcohol and other substance usages with the school districts and other community coalitions.	New Hampton School is making revisions to school conduct code. Community Events have made policy changes and adoptions to alcohol use during celebrations/events. This is increasing awareness on youth in those communities.
	Chickasaw County Case Management with County Social Services have collaborated with county school districts in providing counseling to students who have problems with bullying, working through difficult psychological problems from middle to high school to prevent unknown events from happening.	All three school districts are providing counseling without charge for students from Elementary to High School. The problem has expanded that collaboration of Pathways has provided 2 counselors full-time during the school year and continue during the summer months as needed. This program has been very helpful and successful in helping youth work through mental health concerns. This treatment provides students with future choices, preventing them from being involved in the juvenile court system. The school teachers, administration, and parents see changes with these youth throughout the school year.

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Increasing healthier lifestyles would decrease that rate of diabetes among the citizens of Chickasaw County. Data comes from BRFSS 2002 -2008 report	Collaboration of education of the 65 years of age through NEI3A and Mercy Medical Center - Newsletter, flyers and program	Diabetes programming and information along with a support group for those with new diabetes continue through NEI3A and Mercy Medical Center.